NHS
Royal Berkshire
NHS Foundation Trust

Useful resources during your pregnancy

Information for new parents

Congratulations on your pregnancy! This information is a list of useful resources to help you develop a relationship with your baby and learn more about feeding and safe sleeping.

General resources

Have you seen this booklet? It's a great source of information to read during your pregnancy and keep for once baby is here.

Collect your copy from your midwife.

Relationship building resources

Babies love to be held and are comforted by touch, so why not start building the relationship with your baby by talking and singing to them while they are in the womb? Stroke your bump and notice when they move and wriggle around. Once born, care for them with as much skin-to-skin contact as possible.

Take a look at these links to help you understand why this is so good for your baby's development. These can all be found on the Unicef Baby Friendly website under '*Resources*'.

- Unicef – Building a Happy Baby: A Guide for Parents* Building a Happy Baby (unicef.org.uk)
- Unicef Baby Friendly Initiative: Relationship Building video* The Importance of relationship building video - Baby Friendly Initiative (unicef.org.uk)
- Unicef: Skin to Skin Contact* Skin-to-skin contact - Baby Friendly Initiative (unicef.org.uk)
- Unicef: Meeting baby for the first time video* Meeting baby for the first time video - Baby Friendly Initiative (unicef.org.uk)
- RBH Skin to Skin Contact video Skin to Skin with your Baby - YouTube

- RBH Connecting with your baby during pregnancy video Connecting with your Baby in Pregnancy - YouTube

Infant feeding

What happens in your baby's first years has a big effect on how healthy he or she will be in the future. Mum's milk gives your baby all the nutrients he, or she needs for around the first 6 months of life (and it's important beyond 6 months too). It helps to protect your baby from infections and other diseases, and as a mum, it also reduces your chances of getting some illnesses later in life. Breastfeeding also helps you and your baby to get closer – physically and emotionally. So while you are feeding your baby, the bond between you grows stronger

Open the links below to find out more about why breast milk is so important for your baby's health, and discuss it with your midwife to find out more.

- Check our feeding webpage https://www.royalberkshire.nhs.uk/services-and-departments/maternity/feeding-your-baby
- RBFT Maternity Facebook page https://en-gb.facebook.com/RBFTMaternity/ for the most current information.
- RBH Infant feeding video https://youtu.be/dtO0KvF_d30
- Unicef Baby Friendly Initiative: Off to the best start leaflet* Breastfeeding leaflet (unicef.org.uk)
- Unicef Baby Friendly Initiative: Positioning & Attachment* Positioning and attachment video - Baby Friendly Initiativ (unicef.org.uk)
- Global Health Media: Breastfeeding series* https://www.youtube.com/watch?v=axQi5PqRZ0M
- Unicef Baby Friendly Initiative: Responsive Feeding* Responsive Feeding Infosheet - Baby Friendly Initiative (unicef.org.uk)

Safer sleeping

It is important you learn about factors which may increase the risks for babies. Keep your baby close during day time sleep as well.

- Lullaby Trust: Safer Sleep Advice How to reduce the risk of SIDS for your baby https://www.lullabytrust.org.uk/safer-sleep-advice/
- Lullaby Trust: Safer Sleep Advice: Co-sleeping with your baby https://www.lullabytrust.org.uk/safer-sleep-advice/co-sleeping/

*Resources marked * are available in other languages from Unicef and Global Health Media*

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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